



THE CENTER AT PRISCILLA PLACE

Senior Center Serving Adults Age 55+



23 Priscilla Place • (203) 452-5199

OCTOBER 2017

First Selectman (203) 452-5005

Timothy M. Herbst

Senior Commission Chair

Amy DeZenzo (203) 261-0872

Director of Human Services

Michele Jakab (203) 452-5199

Administrative Assistant

Ashley Ryan Grace (203) 452-5137

Senior Center Receptionist

Jeannie Franco (203) 452-5137

Social Services (203) 452-5198

Jennifer Gillis: (203) 452-5133

Food Pantry (203) 452-5135

Meet the Candidates!

Meet the Candidates who are running for
Trumbull's First Selectman.

See page 6 for more information.



Health Fair for Older Adults and Caregivers

Friday, October 13th

10:00 AM-1:00 PM

Raffle Prizes and Take-A-Ways!

Class Demonstrations, Raffles, Health Screenings,
Educational Exhibits

2017 SENIOR CITIZEN COMMISSION

Chairman - Amy DeZenzo

Vice-Chairman - Dee Chiota

Secretary - Gail D'Elia

Clerk - Barbara Crandall

Ron Foligno

Roberta Bellows

Evelyn Wiesner

Dorothy Merritt

Mary Moran

CENTER HOURS

Monday through Friday

9:00 AM—4:00 PM

Thursdays

9:00 AM—7:00 PM



Good Health = Good Life



Senior Center Holiday Luncheons

Come see the famous Smile A

While perform and celebrate
with friends!



Catered lunch will be served.

Friday, November 17th

Friday, December 1st

Thursday Evening Yoga

October 5th—December 21st

6:00 PM—7:00 PM

\$5.00 Per Class or
\$50.00 for 12 weeks

To RSVP, please call
(203) 452-5137

*This program is open to all
adults.*



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Trumbull Senior Center

06-5293

PROGRAMS

Knitting & Crochet Group

Every Tuesday

10:00 AM

Join us, all are welcome! Please bring your own supplies. Extra yarn is available. Donations welcomed.

New Computer Classes

October 17, 24, 31 and November

7-PC Classes (Windows 10) \$10.00 for non-residents for all 4 classes.

November 14, 21, 28 and

December 5-iPhone and iPad (IOS) Tablets and Smartphones-\$10.00 for non-residents for all 4 classes.

December 12-Facebook-No charge

December 19-Smart Home

Devices (Smart TV, Alexis, automatic lights, etc.)-No charge For more information about any of these classes and to RSVP, please call (203) 452-5137.

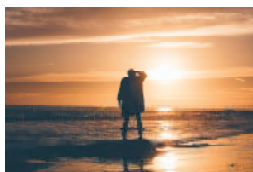
Bereavement Support Group

An ongoing support group that meets bi-monthly. Support for adults dealing with a loss from death in the past year.

The 1st and 3rd Thursdays of the month at 2:00 PM.

October 5th & 19th 2pm

For questions, please call Chanté P. Moreno, LMSW
cmoreno@trumbull-ct.gov
203-261-5110



Computer Tutor: One on One Sessions with Cathleen Lindstrom

Every Wed. and Thurs.

10:30 AM—12:00 PM

- How to send emails/photos, use the internet, social media
- How to do almost anything!

To sign up, please call (203) 452-5137. Spots fill quickly. Suggested donation of \$5.00 for non-residents. No charge for residents. If you have a laptop, please bring it in.

Lunch and Movie

Friday, October 20th

11:30 AM—1:00 PM

Sponsored by Ludlowe Center for Health and Rehabilitation.

Feature Film: Hidden Figures

A true story based on three brilliant African American women at NASA who help launch astronaut, John Glenn, into orbit.

Starring: Taraji Henson and Kirsten Dunst.

To RSVP, please call (203) 452-5137.

Monthly Birthday Party

Friday, October 27th 11:30 AM

Come celebrate our October birthdays! Cake and coffee will be served. This event is sponsored by SYNERGY Homecare.

To RSVP, call (203) 452-5137.

Daily Lunch Program

Join us for a hot lunch Monday-Friday at 11:45 AM Reservations required 2 days in advance. Call (203) 378-3086. Suggested donation of \$3.25. See page 10 for our menu.

GAMES

Bingo

Monday, October 16th

1:00 PM—3:00 PM

(bus leaves at 2:30 PM)

Goodies and refreshments. To RSVP, please call (203) 452-5137.

Super Bingo

Friday, October 27th

1:00 PM—3:00 PM

(bus leaves at 2:30 PM)

\$5.00 gift cards and refreshments!

RSVP by calling (203) 452-5137.

Sponsored by the Senior Commission and SYNERGY Homecare.



Poker

Mondays and Thursdays

9:00 AM—3:30 PM

Come join us for a fun game. Don't forget to bring your poker face!

Texas Hold'em

Wednesdays and Fridays

10:00 AM—3:30 PM

Interested in playing Texas-Hold'em?

Pinochle

Wed, Thurs, Fri

12:30 PM

Join a game and/or start your own!

Mah-Jongg

Wednesdays & Fridays

12:30 PM

Mah-Jongg players afternoons in the library and the meeting room. New players are welcomed to join!

WORKSHOPS, LUNCH AND LEARNS, EVENTS

Planning for Longevity

Wednesday October 18th 10:30am.

You planned for buying a house, you planned for raising a family, you planned for retirement, but have you planned for longevity?

What are the resources available and the strategies people use to stay in control as they live longer? And what are the hazards to avoid? Paul Doyle of Oasis Senior Advisors will talk about these and costs of living longer; the paths to take and the ones to avoid/ and answer any questions you might have.

Trumbull Nature and Arts Center: Tour and Craft

Thursday, October 19th

10:00 AM—11:30 AM

Visit the Trumbull Nature & Arts Center for a tour and talk about butterflies. After the tour, participants will make delightful decoupage luminary mason jars with battery-operated tea lights. \$4.00 per person; please pay at the front desk upon signing up for this program. For more information, please call (203) 452-5137.

Elder Law Discussion

Thursday, October 19th

6:00 PM

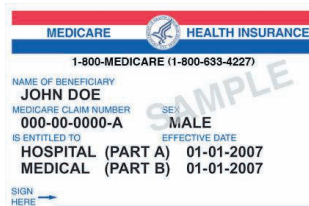
Elder Law Attorney, Lyn Eliovson of Eliovson & Tenore in Fairfield, will present a round-table discussion on elder law and the new Uniform Powers-of-Attorney that is now in effect in Connecticut. For more information and to RSVP, please call (203) 452-5137.

Medicare Appointments and Counseling

Wednesday, October 25th

10:00 AM —1:00 PM

Scott Berney, representing Berney Insurance Group, will be present to counsel individually on Medicare Supplemental plans as well as Medicare Advantage plans. Scott is an independent agent who represents multiple carriers including Anthem BC/BS, Aetna, Connecticare, AARP/United Health, Humana and Silverscript. Please contact Jennifer Gillis at (203) 452-5133 to schedule a 30 minute appointment.



2018 Medicare Update

Wednesday, October 25th

2:30 PM

Come hear Lisa Alhabal from the Southwestern CT Agency on Aging talk about any and all changes to Medicare and insurance plans in 2018. Be sure your plan is right for you! Be sure you are meeting your needs medically & financially. For more information and to RSVP, please call (203) 452-5137.

Thank You

A big thank you to the Trumbull Rotary Club for sponsoring the Senior Picnic in September.

Sue's Salon

Haircuts for men & women
, Manicures & pedicures
Licensed professional.
For an appointment,
call (203) 981-7061

Price List:

Shampoo/set/blow dry:

\$15.00

Shampoo/cut: \$18.00

Neck Trim: \$10.00

Color/cut/set: \$50.00 +

Perm/wash/cut/set/blow dry:

\$65.00



The Wellness Nurse

(203) 452-5134



The Wellness Nurse is available at the Senior Center on Tuesdays, Wednesdays, Thursdays and Fridays from 9:00 AM—1:00 PM. She is also available at Stern Village on Mondays from 9:00 AM—12:30 PM.

Wellness Nurse Services:

- Assesses and records blood pressure readings, nutritional counseling and weight management support
- Provides assistance with making doctor appointments

FITNESS CLASSES

Mondays:

Stretch/Strengthen with Nancy-9:00 AM Stretch, balance, aerobic and strength exercises. Optional: bring weights.

International Folk Dance with Leng -10:00 AM A wonderful exercise for your mind, body and spirit.

Intermediate Line Dance with Shirley-12:45 PM Line dance to different types of music.

Yoga with Jeannie-2:00 PM This is an ancient practice that focuses on rhythmic deep breathing, balance, strength and flexibility.

Tuesdays:

Fit for Life Exercise with Marylou-9:15 AM Low-impact aerobic exercise/dance (including a weights segment).

Ballroom Dance with Mike Stavola-10:30 AM Ballroom dance lessons with or without a partner.

Zumba Lessons with Mike Stavola-11:30 AM Have fun while you dance to energetic music!

Tai Chi Quan for Better Balance with Alma-1:30 PM Focuses on improving balance, reducing stress and clearing your mind.

Wednesdays:

Yoga with Jeannie -9:00 AM This exercise focuses on breathing, stretching, balance and flexibility movements.

Jazzercise with Marylou-10:10 AM Combination of low-impact aerobic exercise and dance.

Tap Dance with Shirley-11:00 AM Experience required. Please bring your own tap shoes.

Thursdays:

Balance, Core Strengthening and Stretch (Pilates)-with Jeannie-9:00 AM This class focuses on breath, balance, core and total body strength and stretch. Bring a mat.

Strength Training with Gail-10:30 AM Bring weights of any size, water, and a positive attitude.

Feldenkrais with Cathy-11:30 AM Awareness through movement. Learn the importance of proper movement techniques while sitting.

6:00 PM Yoga with Jackie-\$5.00 per class/\$50.00 for 12 sessions Relax and de-stress with yoga exercises that focus on strength, stretch, balance and core.

Fridays:

Zumba Gold with Jeannie-9:00 AM Dance to international music while toning the entire body.

Tai Chi with David-10:15 AM An ancient martial art that helps improve balance and relieve pain.

ART CLASSES

Mondays:

Drawing with Christine-9:45 AM This course, taught by Artist Christine Goldbach, covers the fundamentals of drawing emphasizing the use of line, shape, value and composition. All levels welcome.

Tuesdays & Thursdays:

Watercolors with Sabine-9:30 AM Watercolor class taught by Artist Sabine Bonnar. All levels are welcome. A supply list will be provided.

Fridays:

Acrylic/Oil Painting with Christine-10:00 AM A painting class taught by Artist Christine Goldbach utilizing acrylic and oil paints. All levels are welcomed. Please bring your own supplies and subject matter. A supply list will be provided.

Beading Class

Last Tuesday of the month October 31st

1:00 PM —3:00 PM This workshop is for beginners to advanced jewelry makers. Beads are on us! You can also choose to purchase supplies. You will always go home with a finished product. Make new items such as necklaces, earrings and bracelets. Bring your original jewelry in for repairs. For more information and to RSVP, please call (203) 452-5137.

Meet the Candidates!

*Meet and greet the candidates running for
Trumbull's First Selectman.*

**This is your town, your community and your future
First Selectman. Your voice and your vote matters!**

Tuesday, October 10th, 10:30 AM

Paul Lavoie (Republican Candidate)



Wednesday, October 11th, 10:30 AM

Michael Redgate (Unaffiliated Candidate)



Thursday, October 12th, 10:30 AM

Vicki Tesoro (Democratic Candidate)



Volunteer Opportunities

-Volunteer needed for park maintenance.
Walk the parks and enjoy the outdoors!

-Health Department Receptionist

-Food pantry, stocking shelves

For inquiries please call Michele at

(203) 452-5199

*Homeowners could be
eligible for a tax credit of \$600 for their
volunteer work.*

Be sure to inquire about eligibility

Take a Hike!

Come join the Trumbull Health Department, Trumbull Nature and Arts Center, and Denali for a nature hike at Twin Brooks Park on Saturday, October 14, 2017 (rain date Saturday, October 28th) at 10:00 a.m. Discover the ecosystem and the many different habitats in the park while learning about the importance of hiker safety and tick-borne disease prevention. The hike is approximately 1.5 miles and the terrain is moderate.

No strollers or pets allowed. Dress appropriately for the weather and wear comfortable shoes. For more information call the Health Department at 203-452-1031.

Trumbull Health Department Flu Clinic at the Trumbull Senior Center

Wednesday, October 11th

10:30 AM—11:30 AM

Fight the flu!

Protect yourself, protect others—Get a flu vaccine every year. Prevent the spread of germs—Cover coughs and sneezes

Please bring a photocopy of your driver's license and insurance card. Trumbull Health Department **only** accepts:

Medicare Part B, Aetna, Aetna Medicare Advantage, Anthem BC/BS, Cigna, ConnectiCare, VIP Medicare and Oxford

*****WE DO NOT ACCEPT UNITED HEALTHCARE.*****

For those without the above insurance, the cost is:

\$50.00 (cash/check) High Dose Flu Vaccine

\$30.00 (cash/check) Standard Flu Vaccine

For more information and to RSVP, please call (203) 452-5137



Public Health
Prevent. Promote. Protect.
Trumbull Health Department

The Travel Corner: *Let Your Journey Begin*

We provide transportation to Trumbull residents, age 60 and over and/or age 55-59 and disabled, along with their caregivers. Rides to doctors, lawyers, shopping, appointments, nursing home visits. Call to inquire. (203) 452-5137. Registration is required.

Clinton Crossing Premium Outlets

Tuesday, October 17th

Do you love to shop?

The Clinton Crossing Premium Outlets is the place to be for shoppers. Stores include Vera Bradley, Nike, Nine West and more! Enjoy lunch at the various gourmet food trucks and don't forget ice cream at Ben & Jerry's or Carvel!

Bus Schedule

Bus will leave the Center at 10:00 AM.

Clinton Crossing Premium Outlets: 11:00—1:30 PM.

Bus will return to the Center by 2:30 PM.

Slater Memorial Museum and

Olde Tymes Restaurant

Tuesday, October 24th

Visit the Slater Memorial Museum in Norwich and view their special art and photography exhibits including the work of Norwich native Bela Lyon Pratt. Enjoy lunch at Olde Tymes Restaurant.

Admission to the museum is \$2.00; you are responsible for the cost of your lunch.

Bus Schedule

Bus will leave the Center at 10:00 AM.

Slater Memorial Museum: 11:00 AM—1:00 PM.

Olde Tymes Restaurant: 1:15 PM—2:15 PM.

Bus will return to the Center by 3:15 PM.

The Shuttle Loop: Get a choice!

Stores within the "Loop" include Big Y, ShopRite, Best Buy, TJ Maxx, Kohl's & Target. Hop on and let the driver know where you would like to go!

- **Thursday, October 12th**
- **Thursday, October 26th**

There is a minimum of 4 passengers and a maximum of 14 passengers per trip.

Stop and Shop Schedule:

- Stern Village Residents: Wednesdays
- Trumbull Residents: Tuesdays

Shopping is from 10am-11am.

You will be picked up between 9am-945am.

Wheelchair accessible, aides or caregivers welcome.

Must RSVP (203) 452-5137



Need a Ride to the Doctor?

The Trumbull Senior Center offers rides to and from medical appointments. We travel to Trumbull, Bridgeport, Stratford, Shelton, and Monroe. All riders must be independent; care givers are welcome to accompany riders. All buses are equipped with a wheelchair lift. Drivers may not physically assist riders to and from the vehicle. Riders must be independent or may bring their caregiver to assist them. Senior Center Membership is not required but all riders must fill out a registration form. There is no cost for transportation, however, donations are gratefully accepted. All donations should be brought into the Senior Center office.

Shop with us at the Food Pantry. Please call for inquiries and eligibility. 203-452-5198
Transportation is available for pantry shoppers. (riders must be at least 18 years of age)

DAY AND OVERNIGHT TRIPS: *Stop by for detailed trip flyers*

Take a look at our day and overnight trips. Anyone is welcome; membership or residency not required.

Driver trips: all amenities are included in the price.

Email Ashley Grace with any questions. Agrace@trumbull-ct.gov.

Payment is required before signing up.

**Ask us about
Tours of Distinction's
Customer Rewards
Program:
Buy 3, get 1 free day trip.**

Radio City Christmas Spectacular Getaway Tours

Date: November 17th

Cost: \$198.00

Includes: Transportation, Radio City Christmas Spectacular, Lunch at Carmine's, Gratuities for Driver and Tour Director



An Amish Christmas Getaway

**"The Miracle of
Christmas" at Sight & Sound**

Getaway Tours

Date: December 6th-8th

Cost: \$600.00 PP Single, \$475.00

PP Double, \$455.00 PP Triple

Includes: Transportation, Hotel Accommodations, 4 Meals (2-Continental Breakfasts & 2-Dinners), 2 Christmas Shows, Admissions wherever applicable, Taxes and baggage handling, Gratuities for Driver & Tour

Director



Oktoberfest at Krucker's Resort

Getaway Tours

Date: October 19th

Cost: \$111.00

Includes: Transportation, Festivities, Food and Drinks, Driver's Gratuity



Brooklyn's Holiday Lights

Tours of Distinction

Date: December 4th

Cost: \$87.00

Includes: Transportation, Guided Tour of Brooklyn's Holiday lights, Early Dinner, Taxes and Gratuities

Boars Head Feast at the Williams Inn

Getaway Tours

Date: December 12th

Cost: \$117.00

Includes: Transportation, Boar's Head Procession, Christmas Buffet and Cabaret, Bright Nights Holiday Light Display, Gratuities for Driver



**2018
Trips
Coming Soon!**

Stay tuned

Over Night Trips with Collette Tours

Tour: Discover Switzerland, Austria & Bavaria

Departing: Thursday, April 12th, 2018

Returning: Saturday, April 21st, 2018

Double: \$3,799.00

Single: \$4,099.00



Tour: Albuquerque Balloon Fiesta

Departing: Thursday, October 11th, 2018

Returning: Tuesday, October 16th, 2018

Triple: \$2,649.00

Double: \$2,679.00

Single: \$3,379.00



Monday		Tuesday		Wednesday		Thursday		Friday	
9:00 Stretch 9:45 Drawing 10:00 Folk Dance 10:00 Poker 10:30 Bridge 12:45 Line Dance 2:00 Yoga	2	9:00 Wellness Nurse 9:15 Fit for Life 9:30 Water Colors 10:00 Knit/Crochet 10:30 Ballroom Dance 11:30 Zumba Lessons 12:30 Dominoes 1:30 Tai Chi Quan	3	9:00 Yoga 9:00 Wellness Nurse 10:00 Poker 10:10 Jazzercise 10:30 Computer Tutor 11:00 Tap Dance 12:30 Pinochle 12:30 Mahjong 1-4 Billiards	4	9:00 Balance & Core 9:00 Wellness Nurse 9:30 Water Colors 10:00 Slim Approach 10:30 Strength Training 10:30 Computer Tutor 11:30 Feldenkrais 2:00 Bereavement Group 6:00 Yoga	5	9:00 Dance & Tone 9:00 Wellness Nurse 10:00 Oil Painting 10:00 Poker 10:15 Tai Chi 12:30 Mahjong 12:30 Pinochle 1-4 Billiards Game	6
The Center will be closed in observance of Columbus Day	9	9:00 Wellness Nurse 9:15 Fit for Life 9:30 Water Colors 10:00 Knit/Crochet 10:30 Ballroom Dance 10:30 Paul Lavoie 11:30 Zumba Lessons 1:30 Tai Chi Quan	10	9:00 Yoga 9:00 Wellness Nurse 10:00 Poker 10:10 Jazzercise 10:30 Computer Tutor 10:30 Michael Redgate 10:30 Flu Clinic 11:00 Tap Dance 12:30 Pinochle & Mahjong	11	9:00 Balance & Core 9:00 Wellness Nurse 9:30 Water Colors 10:00 Slim Approach 10:30 Strength Training 10:30 Computer Tutor 10:30 Vicki Tesoro 11:30 Feldenkrais 6:00 Yoga	12	9:00 Dance & Tone 9:00 Wellness Nurse 10:00 Oil Painting 10:00 Poker 10:00 Health Fair 10:15 Tai Chi 12:30 Mahjong 12:30 Pinochle 1-4 Billiards Game	13
9:00 Stretch 9:45 Drawing 10:00 Folk Dance 10:00 Poker 10:30 Bridge 12:45 Line Dance 1:00 Bingo 2:00 Yoga	16	9:00 Wellness Nurse 9:15 Fit for Life 9:30 Water Colors 10:00 Knit/Crochet 10:30 Ballroom Dance 11:00 Clinton Outlets 11:30 Zumba Lessons 12:30 Dominoes 1:30 Tai Chi Quan	17	9:00 Yoga 9:00 Wellness Nurse 10:00 Poker 10:10 Jazzercise 10:30 Computer Tutor 11:00 Tap Dance 12:30 Mahjong & Pinochle 1-4 Billiards Game	18	9:00 Balance & Core 9:00 Wellness Nurse 9:30 Water Colors 10:00 Slim Approach 10:00 Nature/Art Center 10:30 Strength Training 10:30 Computer Tutor 11:30 Feldenkrais 2:00 Bereavement Group 6:00 Yoga 6:00 Elder Law Attorney	19	9:00 Dance & Tone 9:00 Wellness Nurse 10:00 Oil Painting 10:00 Poker 10:15 Tai Chi 11:30 Lunch & Movie 12:30 Mahjong 12:30 Pinochle 1-4 Billiards Game	20
9:00 Stretch 9:45 Drawing 10:00 Folk Dance 10:00 Poker 10:30 Bridge 12:45 Line Dance 2:00 Yoga	23	9:00 Wellness Nurse 9:15 Fit for Life 9:30 Water Colors 10:00 Knit/Crochet 10:30 Ballroom Dance 11:00 Slater Memorial 11:30 Zumba Lessons 12:30 Dominoes 1:30 Tai Chi Quan	24	9:00 Yoga 9:00 Wellness Nurse 10:00 Poker 10:10 Jazzercise 10:30 Computer Tutor 10:30 Scott Berney: Medicare 11:00 Tap Dance 12:30 Pinochle and Mahjong 2:30 Medicare Updates	25	9:00 Balance & Core 9:00 Wellness Nurse 9:30 Water Colors 10:00 Slim Approach 10:30 Strength Training 10:30 Computer Tutor 11:30 Feldenkrais 6:00 Yoga	26	9:00 Dance & Tone 9:00 Wellness Nurse 10:00 Oil Painting 10:00 Poker 10:15 Tai Chi 11:30 Monthly Birthday 12:30 Mahjong and Pinochle 1:00 Bingo 1-4 Billiards Game	27
9:00 Stretch 9:45 Drawing 10:00 Folk Dance 10:00 Poker 10:30 Bridge 12:45 Line Dance 2:00 Yoga	30	9:15 Fit for Life 9:30 Water Colors 10:00 Knit/Crochet 10:30 Ballroom Dance 11:30 Zumba Lessons 1:00 Beading Class 1:30 Tai Chi Quan	31	 <h1>October</h1>					



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Medicare Open Enrollment is here!
October 15th-December 7th, 2017

During this time, you can make changes to your health insurance coverage, including adding, dropping, or changing how you receive your Medicare benefits. Even if you are happy with your current health and drug coverage, Medicare's Open Enrollment Period is the time to review your current coverage, compare it with other available options, and weigh whether it will remain the best choice for you in the coming year. Plans change all the time, it doesn't hurt to take the time and review your benefits.

Where can I go for help in comparing my plan options: Right here at the Trumbull Senior Center

If you need one-on-one assistance comparing your plan options, you can call your local State Health Insurance Assistance Program (SHIP) ! **In CT our counselors are called CHOICES. Jennifer Gillis (203) 452-5198.**

How can I protect myself from plan marketing violations and enrollment fraud?

Medicare has rules about how plans can market themselves and their services during Open Enrollment. Knowing about some of these rules can help you protect yourself from dishonest agents or brokers -- or scam artists posing as agents and brokers. Though plans **are** allowed to send you mail, plans are **not** allowed to call, e-mail, visit your home, or approach you in public to market their plan **without your permission**.

Verify everything a plan agent or broker tells you before making your final decision. For example, if a broker tells you that your doctor is part of the plan's network, call your doctor to double-check. Importantly, you should never feel pressured to join any plan. To ensure you are not being misled, be particularly suspicious of plan representatives or people who:

- Pressure you with time limits, seeking to enroll you in their plan, regardless of whether or not it meets your needs
- Tell you they represent Medicare and request your Medicare number, Social Security number, or bank account number, such as in exchange for a gift or service. Say you will lose your Medicare benefits unless you sign up for a certain plan

How does it affect your Medicare and other health benefits (like Medicaid or your retiree/union coverage)? Does it cover the drugs you need? Review the facts before you enroll, and go to trusted and unbiased source for assistance, if needed, such as your SHIP. If you find yourself enrolled in a plan that you did not choose, you may be a victim of enrollment fraud. Contact your Senior Medicare Patrol (SMP). (203) 333-9288. Their mission is to help you prevent, detect, and report health care fraud, errors, and abuse.



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Contact **Mark Carofano** to place an ad today!
mcarofano@4LPi.com or (800) 477-4574 x6347



St. Joseph's Center

REHABILITATION CENTER

6448 Main Street, Trumbull • 203-268-6204

**HELP PROTECT
YOUR FAMILY & HOME**
CALL NOW! 1-888-862-6429



HOME SECURITY TEAM

Setting the Standard in Comfort and Care

Our Services

- Physical, Occupational and Speech Therapy
- Customized Clinical Programs
- Orthopedic Rehabilitation
- Cardio/Pulmonary Rehabilitation
- Cognitive Retraining
- Ambulation Retraining
- Endurance Training
- Activities of Daily Living Retraining
- Stroke Recovery
- Alzheimer's/Dementia Care
- Cardiac Care Program



Center for Health & Rehabilitation

www.ludlowecenterhealth.com

For a private tour, please call us at

203-372-4501

118 Jefferson Street, Fairfield, CT 06825



PASSPORT



DROP OFF YOUR UNUSED OR EXPIRED MEDICATIONS AT THE TRUMBULL SENIOR CENTER.



The National Prescription Drug Take Back Day aims to provide a safe, convenient, and responsible means of disposing of prescription drugs, while also educating the general public about the potential for abuse and medications.

Energy Assistance:

Social Services will begin taking applications for the 2017--2018 Winter Heating/Energy Assistance Program beginning Monday, October 2, 2017. The Connecticut Energy Assistance Program (CEAP) can assist households with their primary heating source (oil, gas, electric) costs during the winter months. If the household's primary heating costs are included in rent, you may also apply for assistance. **THIS PROGRAM IS INCOME AND ASSET BASED.** Please call Social Services directly @ 203-452-5198 for program guidelines, required documentation and to schedule an appointment. Home bound visits are available upon request.

CONCERT TO BENEFIT LOCAL FOOD PANTRIES

SATURDAY, SEPTEMBER 23RD, 7:30PM
TRINITY EPISCOPAL CHURCH
1734 HUNTINGTON TURNPIKE
TRUMBULL

ONE OF CT'S PREMIER
BEATLES TRIBUTE BANDS

FOOD DONATIONS WILL
BE ACCEPTED



\$15 Adult, \$ Teens/Senior, \$5 Children under 12
Tickets in advance 203-878-7508
Or at the door for the evening of the show

Medicare Savings Program: Help get your premiums paid!

Would you like help with your Medicare costs?

You could be eligible for the Medicare Savings Program. If your income is at or below \$2,435.40/month for single person and \$3,284.10/month for married couples, some of your Medicare premiums and prescription costs could be at a lower cost or free. There is no asset limit. Depending on the level of the program you qualify for, you could get help with:

- Payment of Medicare Part B monthly premiums and annual deductible
- Payment of co-insurance and deductible amounts for services covered under both Medicare Parts A and B.
- Automatic enrollment in the low income subsidy for those on Medicare Part D. This program will partially subsidize or completely cover your Medicare Part D premium and lower your prescription costs to just \$2.95-\$7.40. There is also continued coverage through the "donut hole." It only takes 5 minutes to see if you are eligible! If you would like to inquire or apply, please call Jennifer Gillis at (203) 452-5198